

livfun

Mackenzie Place
COLORADO SPRINGS

JANUARY 2019 • TIME FOR SOMETHING NEW

How the World Celebrates the New Year

In the U.S., the New Year is often ushered in with parties, fireworks and a midnight kiss. The rest of the world revels in a variety of traditions.

Spain – At the stroke of midnight, people in Spain eat 12 grapes, one for each month of the year ahead, for good luck.

Russia – In the country's region of Siberia, divers plunge into icy lakes to place a New Year tree, or "yolka," beneath the water's surface, symbolizing a new beginning.

Germany – Germans give a sweet greeting to Jan. 1 by eating the jelly doughnut known as a "Berliner," "Pfannkuchen" or "Krapfen."

Japan – All across this Asian nation, the sound of cities ringing in the New Year can be heard at midnight, when bells chime 108 times as a cleansing ritual.

Colombia – Those hoping for travel adventures in the coming year will carry an empty suitcase with them, a custom in Colombia and other Latin American countries.

Greece – Symbolizing renewal, onions are hung on doorways as a good luck token.

Brazil – To bring prosperity and good luck, Brazilians wear white on New Year's Eve and toss white flowers and candles into the ocean.

Turkey – At midnight, people here sprinkle salt on their doorsteps, which is believed to bring peace and good fortune.

Finland – A crafty custom in Finland is to melt down some tin and then pour it into cold water. When the metal hardens, the shape it forms gives a prediction for the year to come.

Romania – For protection in the new year, many dress up as bears and perform a dance to scare away bad luck.

Word Search Success

A fun way to exercise the brain, expand one's vocabulary or just pass the time, word searches are one of the most popular types of puzzles.

The earliest puzzle resembling a word search can be found in "Everybody's Illustrated Book of Puzzles," published in 1890 in London. Titled "Proverbs Within a Maze," the puzzle featured a grid of letters, and readers were instructed to wind their way through the puzzle to find hidden sayings.

The American word search as we now know it first appeared in 1968, when Norman E. Gibat created a puzzle for a want-ad digest that he published for businesses in Norman, Okla. Calling it an "Oklahoma anagram," he designed a grid of jumbled letters containing the names of 34 towns. The game was an instant hit, with readers demanding more and local teachers using it as a student activity.

Gibat's puzzle design eventually spread across the country. Known by various names such as word find, word seek and search-a-word, word searches became a staple in newspapers, magazines, puzzle books and classrooms.

In addition to traditional printed versions, today you can solve the puzzles online or by using a smartphone app.



Therapy in Art

Creating art, whether it's with paint, pencils, wood or another material, can be a fun, rewarding activity. Let these benefits of art therapy paint a picture:

Relieves stress: Participating in art activities can be soothing and relaxing. Focusing on a project often boosts positive feelings and has been shown to lower anxiety and depression.

Increases cognitive skills: From selecting materials to choosing a color scheme, many decisions are made during the creative process, stimulating the brain. Artistic endeavors can also trigger memories from long ago.

Promotes self-expression: Art is a nonverbal outlet for communicating and sharing with others. Making something by hand is a personal experience that lets people express their thoughts and feelings.

Sharpens motor skills: Small movements such as brushing paint across a canvas or sanding a piece of wood improve dexterity and hand-eye coordination.

Encourages socialization: Whether it's a shared love of watercolors or an interest in ceramics, art has a way of connecting people, which helps lessen feelings of loneliness. Making art in a group setting promotes socializing with others.

Trailblazing Book Club

From beauty samples to meal kits, you can get just about anything delivered to your door by way of a monthly subscription service. One of this trend's earliest trailblazers was the Book of the Month Club.

In 1916, adman Harry Scherman and his business partners launched the Little Leather Library Corporation, a mail-order service that offered small leather-bound copies of classic novels to subscribers. When that venture ended, Scherman banked on the same idea and co-founded the Book of the Month Club in 1926.

Since many people did not have easy access to new books, the club provided members the convenience of receiving a hardcover book each month by mail. These Book of the Month selections were often from up-and-coming authors. The first year, Ernest Hemingway's "The Sun Also Rises" was featured.

In time, the Book of the Month Club brand gained literary prestige. Many of its selections went on to become Pulitzer Prize winners, including Margaret Mitchell's 1936 novel "Gone With the Wind." By 1966, the club's membership had grown to 1 million subscribers.

Today, the club is a web-based subscription service, and members have the added perk of discussing their reads with fellow members, the selection committee and authors in the club's online forums.

Skiing Through History

From families hitting the slopes for fun to athletes competing in fierce races, snow skiing is enjoyed by millions around the world.

The cold-weather pastime was first used for survival rather than thrills. Dating back to prehistoric times, people in snowy climates skied as a way to travel across frozen terrain. Cave paintings found in Norway and China depict hunters on skis, and fragments of ancient wooden skis have been unearthed in Russia and northern Europe.

A shift toward skiing as a sport began in the 18th century, when the armies of Scandinavian countries trained on skis and staged races down mountain slopes and around obstacles. The first nonmilitary ski competitions were held in the 1840s in Norway. The popularity of the sport spread, and in 1924, skiing events were part of the first Winter Olympics in Chamonix, France.

With improvements in equipment, including the development of metal and fiberglass skis and the invention of the chairlift, skiing became easier and accessible to more people. It took off as a recreational activity, and ski resorts worldwide opened in response.



RETIREMENT
IN FULL BLOOM

1605 Elm Creek View
Colorado Springs, CO 80907
719.633.8181

Staff

General Manager
Meagan Reynolds

Guest Services Manager
Kathy Price

Sales Advisor
Mark Brantley

Community Relations Representative
Kristi Graham

Sales and Move-in Coordinator
Daniel Nord

Executive Chef
Tom Gillispie

Restaurant Manager
Christa Anderson

Health and Wellness Director
Rebecca McCay

Health and Wellness Assistant Director
Kelly Krc

Memory Care Program Manager
Marshall Broxson

Office Manager
Donna Rutter

Program Supervisor
Shelby Singer

PrimeFit Instructor
Adel Susic

Housekeeping Supervisor
Justin Barbee

Plant Operations Supervisor
Bob MacDonald



PRIMEFIT

2019 PrimeFit Resolution:
Welcome to the new you.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations</p> <p>Nancy Lewis Park, NLP Outing, O Arbours Lobby, AL Arbours Loft, L Arbours Piano Lounge, PL Arbours Theatre, AT Ballroom, BLM Bistro, B Creative Arts Room, CR Game Room, GR Library, LB Living Room, LR</p> <p>Palmer's Dining Room, PDR Prepaid Outing \$, PPO-\$ PrimeFit, PF PrimeFit Pool, PFPL Stratton's Dining Room, SDR Terrace Driveway, TD Theatre, TH</p>	<p>Transportation</p> <p>Monday, 8:30 a.m. & 1 p.m.: Austin Bluffs, Academy, N. Union, N. Nevada</p> <p>Tuesday, 8:30 a.m. & 1 p.m.: Powers, Austin Bluffs, Academy & Union</p> <p>Wednesday, 1 p.m.: Uintah Gardens, Downtown, Manitou, Bon Shopping</p> <p>Thursday, Outing Days: Sign Up In The Book</p> <p>Friday, 8:30 a.m. & 1 p.m.: Academy & Platte, N. Circle, Uintah, Union</p>	<p>NEW YEAR'S DAY 1</p> <p>9:15 Head to Toe 30, PF</p> <p>10:00 Poker Dice, B</p> <p>10:00 Arbours Head to Toe, L</p> <p>10:45 Balance Principles, PF</p> <p>1:30 Poker, B</p> <p>3:00 Afternoon Movie, TH</p> <p>3:00 Head to Toe 30, PF</p> <p>3:00 Bingo!, BLM</p>	<p>2</p> <p>9:00 Catholic Communion Service, AT</p> <p>9:15 Head to Toe 60, PF</p> <p>9:30 Seamstress, PF</p> <p>10:00 Ask An Attorney, LB</p> <p>10:30 Aqua Fit Water Aerobics, PFPL</p> <p>11:00 Supervised Swim & Water Walking, PFPL</p> <p>11:00 TOWN HALL MEETING, BLM</p> <p>3:00 Balance Beginners, PF</p>	<p>3</p> <p>9:15 Head to Toe 30, PF</p> <p>10:00 Arbours Head to Toe 30, L</p> <p>10:30 Uno, L</p> <p>10:45 Balance Principles, PF</p> <p>1:00 Tiddly Wink Dominoes!, L</p> <p>2:00 Poker, B</p> <p>3:00 Afternoon Movie, TH</p> <p>3:00 Head to Toe 30, PF</p> <p>3:30 Wits & Wagers, B</p>	<p>4</p> <p>9:15 Head to Toe 60, PF</p> <p>9:30 Hand & Foot Card Game, B</p> <p>10:00 Wii Bowling, TH</p> <p>Bunco, L</p> <p>10:15 Positively Living with Daniel, CR</p> <p>MP Discussion Group (Socrates), BLM</p> <p>1:00 Chair Yoga, PF</p> <p>2:30 New Resident Welcome Mixer with Brian Usher, B</p> <p>3:00 Balance Beginners, PF</p> <p>6:30 New Release Movie Night, TH</p>	<p>5</p> <p>9:15 Head to Toe 30, PF</p> <p>9:30 Hand & Foot Card Game, B</p> <p>10:30 Aqua Fit Water Aerobics, PFPL</p> <p>2:00 Blood Pressure Check, PF</p> <p>2:15 Poker, B</p> <p>2:30 Walking Club with Rebecca, PF</p> <p>3:00 Afternoon Movie, TH</p> <p>3:30 Tai Chi Flow, PF</p> <p>4:15 Seated Tai Chi, PF</p>
<p>9:15 Head to Toe 30, PF</p> <p>10:30 Nondenominational Services, BLM</p> <p>11:00 Sunday Brunch Buffet, B</p> <p>11:00 Aqua Motion, PFPL</p> <p>1:00 Tiddly Wink Dominoes, L</p> <p>2:00 Poker, B</p> <p>3:15 Bunco!, B</p> <p>4:00 Hymns of Faith Singalong with Gordon Johnson, AL</p> <p>5:30 Bingo Night!, BLM</p> <p>6</p>	<p>9:15 Head to Toe 60, PF</p> <p>9:30 Prayer Group, BLM</p> <p>10:00 Bible Study, BLM</p> <p>10:00 Wii Bowling, TH</p> <p>10:00 Mexican Train Dominoes, B</p> <p>Uno, L</p> <p>10:30 Aqua Fit Water Aerobics, PF</p> <p>1:00 Resident-Led Bridge, CR</p> <p>1:00 Bunco!, L</p> <p>2:00 Ping Pong, PF</p> <p>2:15 Poker, B</p> <p>3:30 Can You Name 5?, L</p> <p>6:30 Life Tree Cafe Discussion Group, BLM</p> <p>7</p>	<p>9:15 Head to Toe 30, PF</p> <p>10:00 Arbours Head to Toe, L</p> <p>10:30 Low Vision Support Group, CR</p> <p>10:45 Balance Principles, PF</p> <p>11:30 Lunch & Learn, BLM</p> <p>1:30 Poker, B</p> <p>3:00 Afternoon Movie, TH</p> <p>3:00 Head to Toe 30, PF</p> <p>3:00 Bingo!, BLM</p> <p>8</p>	<p>9:00 Catholic Communion Service, AT</p> <p>9:15 Head to Toe 60, PF</p> <p>10:00 MACKENZIE PLACE 101, TH</p> <p>10:30 Aqua Fit Water Aerobics, PFPL</p> <p>11:00 Supervised Swim & Water Walking, PFPL</p> <p>1:00 Tiddly Wink Dominoes, L</p> <p>3:00 Dessert & Piano with Bud, PL</p> <p>3:00 Balance Beginners, PF</p> <p>9</p>	<p>9:15 Head to Toe 30, PF</p> <p>10:00 Pikes Peak Library, B</p> <p>10:00 Arbours Head to Toe 30, L</p> <p>10:30 Go Fish the Card Game, L</p> <p>10:45 Balance Principles, PF</p> <p>1:00 Tiddly Wink Dominoes!, L</p> <p>2:00 Poker, B</p> <p>3:00 Afternoon Movie, TH</p> <p>3:00 Head to Toe 30, PF</p> <p>10</p>	<p>9:15 Head to Toe 60, PF</p> <p>9:30 Hand & Foot Card Game, B</p> <p>10:00 Wii Bowling, TH</p> <p>10:00 Scrabble, L</p> <p>10:15 Positively Living with Daniel, CR</p> <p>1:00 Chair Yoga, PF</p> <p>2:30 DECEMBER BIRTHDAY BASH WITH GEORGE SISNEROS, B</p> <p>3:00 Balance Beginners, PF</p> <p>4:00 Murder Mystery Dinner, *Reservations Required*, PDR</p> <p>6:30 New Release Movie Night, TH</p> <p>11</p>	<p>9:00 Golf Acres Mobile Optical, B</p> <p>9:15 Head to Toe 30, PF</p> <p>9:30 Hand & Foot Card Game, B</p> <p>10:30 Aqua Fit Water Aerobics, PFPL</p> <p>1:00 Tiddly Wink Dominoes, L</p> <p>2:00 Blood Pressure Check, PF</p> <p>2:15 Poker, B</p> <p>2:30 Walking Club with Rebecca, PF</p> <p>3:00 Afternoon Movie, TH</p> <p>3:30 Tai Chi Flow, PF</p> <p>4:15 Seated Tai Chi, PF</p> <p>12</p>
<p>9:15 Head to Toe 30, PF</p> <p>10:30 Nondenominational Services, BLM</p> <p>11:00 Sunday Brunch Buffet, B</p> <p>11:00 Music by Dale Miller, PDR</p> <p>11:00 Aqua Motion, PFPL</p> <p>2:00 Poker, B</p> <p>3:15 Bunco!, B</p> <p>4:00 Hymns with Gordon Johnson, AL</p> <p>5:30 Bingo Night!, BLM</p> <p>13</p>	<p>9:15 Head to Toe 60, PF</p> <p>9:30 Prayer Group, BLM</p> <p>10:00 Bible Study, BLM</p> <p>10:00 Wii Bowling, TH</p> <p>10:00 Mexican Train Dominoes, B</p> <p>Uno, L</p> <p>10:30 Aqua Fit Water Aerobics, PF</p> <p>1:00 Resident-Led Bridge, CR</p> <p>1:00 Tiddly Wink Dominoes, L</p> <p>2:00 Ping Pong, PF</p> <p>2:15 Poker, B</p> <p>6:30 Life Tree Cafe Discussion Group, BLM</p> <p>14</p>	<p>9:15 Head to Toe 30, PF</p> <p>10:00 Vitals Clinic with Optimal, LB</p> <p>10:00 Poker Dice, B</p> <p>10:00 Arbours Head to Toe, L</p> <p>10:45 Balance Principles, PF</p> <p>1:30 Poker, B</p> <p>3:00 Afternoon Movie, TH</p> <p>3:00 Head to Toe 30, PF</p> <p>3:00 Bingo!, BLM</p> <p>15</p>	<p>9:00 Catholic Communion Service, AT</p> <p>9:15 Head to Toe 60, PF</p> <p>10:30 Jewelry Making with Rita, CR</p> <p>10:30 Aqua Fit Water Aerobics, PFPL</p> <p>11:00 Supervised Swim & Water Walking, PFPL</p> <p>3:00 Balance Beginners, PF</p> <p>3:00 Dessert & Piano with Dave, PL</p> <p>16</p>	<p>9:15 Head to Toe 30, PF</p> <p>10:00 Arbours Head to Toe 30, L</p> <p>10:30 Uno, L</p> <p>10:45 Balance Principles, PF</p> <p>1:00 Tiddly Wink Dominoes!, L</p> <p>2:00 Poker, B</p> <p>3:00 Afternoon Movie, TH</p> <p>3:00 Head to Toe 30, PF</p> <p>3:30 Wits & Wagers, B</p> <p>17</p>	<p>9:15 Head to Toe 60, PF</p> <p>9:30 Hand & Foot Card Game, B</p> <p>10:00 Wii Bowling, TH</p> <p>10:00 Bunco, L</p> <p>10:15 Positively Living with Daniel, CR</p> <p>11:00 MP Discussion Group (Socrates), BLM</p> <p>1:00 Chair Yoga, PF</p> <p>3:00 Happy Hour with Brian Usher, B</p> <p>3:00 Balance Beginners, PF</p> <p>6:30 New Release Movie Night, TH</p> <p>18</p>	<p>9:15 Head to Toe 30, PF</p> <p>9:30 Hand & Foot Card Game, B</p> <p>10:30 Aqua Fit Water Aerobics, PFPL</p> <p>2:00 Blood Pressure Check, PF</p> <p>2:15 Poker, B</p> <p>2:30 Walking Club with Rebecca, PF</p> <p>3:00 Afternoon Movie, TH</p> <p>3:30 Tai Chi Flow, PF</p> <p>4:15 Seated Tai Chi, PF</p> <p>19</p>
<p>9:15 Head to Toe 30, PF</p> <p>10:30 Nondenominational Services, BLM</p> <p>11:00 Sunday Brunch Buffet, B</p> <p>11:00 Aqua Motion, PFPL</p> <p>1:00 Tiddly Wink Dominoes, L</p> <p>2:00 Poker, B</p> <p>3:15 Bunco!, B</p> <p>4:00 Hymns of Faith Singalong with Gordon Johnson, AL</p> <p>5:30 Bingo Night!, BLM</p> <p>20</p>	<p>MARTIN LUTHER KING JR. DAY 21</p> <p>9:15 Head to Toe 60, PF</p> <p>9:30 Prayer Group, BLM</p> <p>10:00 Bible Study, BLM</p> <p>10:00 Wii Bowling, TH</p> <p>10:00 Mexican Train Dominoes, B</p> <p>Uno, L</p> <p>10:30 Aqua Fit Water Aerobics, PF</p> <p>1:00 Resident-Led Bridge, CR</p> <p>1:00 Bunco!, L</p> <p>2:00 Ping Pong, PF</p> <p>2:15 Poker, B</p> <p>3:30 Can You Name 5?, L</p> <p>6:30 Life Tree Cafe Discussion Group, BLM</p> <p>21</p>	<p>9:15 Head to Toe 30, PF</p> <p>10:00 Arbours Head to Toe, L</p> <p>10:45 Balance Principles, PF</p> <p>1:30 Poker, B</p> <p>3:00 Afternoon Movie, TH</p> <p>3:00 DOUBLE JACKPOT BINGO PRESENTED BY AMADA, BLM</p> <p>3:00 Head to Toe 30, PF</p> <p>22</p>	<p>9:00 Catholic Communion Service, AT</p> <p>9:15 Head to Toe 60, PF</p> <p>10:00 Pokeno, L</p> <p>10:30 Aqua Fit Water Aerobics, PFPL</p> <p>11:00 Supervised Swim & Water Walking, PFPL</p> <p>3:00 Dessert & Keyboard with Bobby Jackson, PL</p> <p>3:00 Balance Beginners, PF</p> <p>23</p>	<p>9:15 Head to Toe 30, PF</p> <p>10:00 Pikes Peak Library, B</p> <p>10:00 Arbours Head to Toe 30, L</p> <p>10:30 Go Fish the Card Game, L</p> <p>10:45 Balance Principles, PF</p> <p>1:00 Tiddly Wink Dominoes!, L</p> <p>2:00 Poker, B</p> <p>3:00 Afternoon Movie, TH</p> <p>3:00 Head to Toe 30, PF</p> <p>24</p>	<p>9:15 Head to Toe 60, PF</p> <p>9:30 Hand & Foot Card Game, B</p> <p>10:00 Wii Bowling, TH</p> <p>10:00 Scrabble, L</p> <p>10:15 Positively Living with Daniel, CR</p> <p>1:00 Chair Yoga, PF</p> <p>2:30 Friday Entertainment with Gus Meza, B</p> <p>3:00 Balance Beginners, PF</p> <p>6:30 New Release Movie Night, TH</p> <p>25</p>	<p>9:15 Head to Toe 30, PF</p> <p>9:30 Hand & Foot Card Game, B</p> <p>10:30 Aqua Fit Water Aerobics, PFPL</p> <p>1:00 Tiddly Wink Dominoes, L</p> <p>2:00 Blood Pressure Check, PF</p> <p>2:15 Poker, B</p> <p>2:30 Walking Club with Rebecca, PF</p> <p>3:00 Afternoon Movie, TH</p> <p>3:30 Tai Chi Flow, PF</p> <p>4:15 Seated Tai Chi, PF</p> <p>26</p>
<p>9:15 Head to Toe 30, PF</p> <p>10:30 Nondenominational Services, BLM</p> <p>11:00 Sunday Brunch Buffet, B</p> <p>11:00 Aqua Motion, PFPL</p> <p>2:00 Poker, B</p> <p>3:15 Bunco!, B</p> <p>4:00 Hymns with Gordon Johnson, AL</p> <p>5:30 Bingo Night!, BLM</p> <p>27</p>	<p>9:15 Head to Toe 60, PF</p> <p>9:30 Prayer Group, BLM</p> <p>10:00 Bible Study, BLM</p> <p>10:00 Wii Bowling, TH</p> <p>10:00 Mexican Train Dominoes, B</p> <p>Uno, L</p> <p>10:30 Aqua Fit Water Aerobics, PF</p> <p>1:00 Resident-Led Bridge, CR</p> <p>1:00 Tiddly Wink Dominoes, L</p> <p>2:00 Ping Pong, PF</p> <p>2:15 Poker, B</p> <p>6:30 Life Tree Cafe Discussion Group, BLM</p> <p>28</p>	<p>9:15 Head to Toe 30, PF</p> <p>10:00 Arbours Head to Toe, L</p> <p>10:45 Balance Principles, PF</p> <p>1:30 Poker, B</p> <p>3:00 Afternoon Movie, TH</p> <p>3:00 Head to Toe 30, PF</p> <p>29</p>	<p>9:00 Catholic Communion Service, AT</p> <p>9:15 Head to Toe 60, PF</p> <p>10:30 Aqua Fit Water Aerobics, PFPL</p> <p>11:00 Supervised Swim & Water Walking, PFPL</p> <p>3:00 Balance Beginners, PF</p> <p>30</p>	<p>9:15 Head to Toe 30, PF</p> <p>10:00 Arbours Head to Toe 30, L</p> <p>10:45 Balance Principles, PF</p> <p>1:00 Tiddly Wink Dominoes!, L</p> <p>2:00 Poker, B</p> <p>3:00 Afternoon Movie, TH</p> <p>3:00 Head to Toe 30, PF</p> <p>3:30 BOOK CLUB, CR</p> <p>31</p>	<p>Birthdays</p> <p>James Mahon, 1st Marilyn Fleischman, 1st Jackie Lang, 2nd Jewell Webb, 5th Peggy Malone, 6th Jeanne Owen, 7th Carole Woolman, 8th Sarah Rickman, 8th</p> <p>Benny Robertson, 10th Conni Eggers, 12th Ilene Steinkruger, 13th Mary Coover, 17th Jean Tidball, 19th Mae Elliot, 20th Nell Ladson, 22nd Paul Craig, 22nd Carolyn McLane, 24th</p> <p>Thelma Wiebke, 24th Sally Nissen, 25th Darlene Braak, 27th Mary Lou Roesler, 27th Jerry Urban, 29th Betty Lathrop, 29th Phyllis Angell, 30th Richard Coover, 31st Bob Elliot, 31st</p>	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Birthdays Carolyn McLane, 24th Betty Lathrop, 29th</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>Daily Programs are subject to change. Afternoon Snack served daily at 2:30 p.m.</p> </div>		<p>NEW YEAR'S DAY 1</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 9:50 Bingo for Candy 11:00 Conversation Cards 1:30 Science with Savannah! 2:15 Traversing the World 3:00 Spiritual Sparkle & Devotional 3:30 Hand Massage 4:00 Exercise with PrimeFit 6:00 Tuesday Night Concert Series 	<p>2</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:00 Scenic Drive 10:00 Music to Our Ears 11:00 Indoor Gardening 11:15 Tana & Dalmatian Pet Visit 1:30 Movie Magic & Popcorn! 3:00 Music Social in the Piano Lounge! 4:00 Coloring Art 6:00 Documentary Dabble Night 6:30 Hand Massage 	<p>3</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:00 We Bake It, You Take It! 1:30 Brain Teasers & Puzzles 2:00 Cornhole! 3:00 Big Band Thursday 3:15 Arts & Crafts: Coloring 4:00 Exercise with PrimeFit 6:30 Thursday Throwback Sports Night 	<p>4</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:00 Let's Get Crafty! 11:15 Indoor Gardening 1:30 Friday Book Club! 2:30 Entertainment in the Bistro 2:30 TGIF Happy Hour 4:00 Exercise with PrimeFit * 6:00 Classic TV Nite 	<p>5</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 9:45 Arts & Crafts 10:30 Jingo! 11:00 Indoor Gardening 1:30 Good News & Views 2:00 Scrapbooking Fun & Hot Chocolate 3:00 Trivia on In2L 3:30 Walking Club * 4:00 Hand Therapy 6:00 Saturday Night Movie
<ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:00 Reminiscing Ball 10:30 Nondenominational Church Service 10:30 Jigsaws, Coffee & Conversation 1:30 Good News & Views 2:15 Coloring Arts to Music 3:00 Walking Club 3:45 Hymn Sing 6:00 Hand Therapy 	<p>7</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:30 *Life in Pictures 11:00 Indoor Gardening 11:00 Conversation Cards 1:30 Uno! 2:15 Movie Matinee 4:00 Sketching the Outdoors 6:00 Hand Massage 	<p>8</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 9:50 Bingo for Candy 11:00 Conversation Cards 1:30 Seated Tai Chi 2:15 Traversing the World 3:00 Spiritual Sparkle & Devotional 3:30 Hand Massage 4:00 Exercise with PrimeFit 6:00 Tuesday Night Concert Series 	<p>9</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:00 Scenic Drive 10:00 Music to Our Ears 11:00 Indoor Gardening 11:15 Tana & Dalmatian Pet Visit 1:30 Movie Magic & Popcorn! 3:00 Music Social in the Piano Lounge! 4:00 Coloring Art 6:00 Documentary Dabble Night 6:30 Hand Massage 	<p>10</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:00 Traveling the World 10:00 We Bake It, You Take It! 1:30 Brain Teasers & Puzzles 2:00 Bowling League! 3:00 Big Band Thursday 3:15 Arts & Crafts Painting 4:00 Exercise with PrimeFit 6:30 Thursday Throwback Sports Night 	<p>11</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:00 Let's Get Crafty! 11:15 Indoor Gardening 1:30 Friday Book Club! 2:30 Entertainment in the Bistro 2:30 TGIF Happy Hour 4:00 Exercise with PrimeFit * 6:00 Classic TV Nite 	<p>12</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 9:45 Arts & Crafts 10:30 Jingo! 11:00 Indoor Gardening 1:30 Good News & Views 2:00 Scrapbooking Fun & Hot Chocolate 3:00 Trivia on In2L 3:30 Walking Club * 4:00 Hand Therapy 6:00 Saturday Night Movie
<ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:00 Reminiscing Ball 10:30 Nondenominational Church Service 10:30 Jigsaws, Coffee & Conversation 1:30 Good News & Views 2:15 Coloring Arts to Music 3:00 Walking Club 3:45 Hymn Sing 6:00 Hand Therapy 	<p>14</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:30 *Life in Pictures 11:00 Indoor Gardening 11:00 Conversation Cards 1:30 Uno! 2:15 Movie Matinee 4:00 Sketching the Outdoors 6:00 Hand Massage 	<p>15</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 9:50 Bingo for Candy 11:00 Conversation Cards 1:30 Science with Savannah! 2:15 Traversing the World 3:00 Spiritual Sparkle & Devotional 3:30 Hand Massage 4:00 Exercise with PrimeFit 6:00 Tuesday Night Concert Series 	<p>16</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:00 Scenic Drive 10:00 Music to Our Ears 11:00 Indoor Gardening 11:15 Tana & Dalmatian Pet Visit 1:30 Movie Magic & Popcorn! 3:00 Music Social in the Piano Lounge! 4:00 Coloring Art 6:00 Documentary Dabble Night 6:30 Hand Massage 	<p>17</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:00 Traveling the World 10:00 We Bake It, You Take It! 1:30 Brain Teasers & Puzzles 2:00 Cornhole! 2:00 Birthday Party! 3:00 Big Band Thursday 3:15 Arts & Crafts: Coloring 4:00 Exercise with PrimeFit 6:30 Thursday Throwback Sports Night 	<p>18</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:00 Let's Get Crafty! 11:15 Indoor Gardening 1:30 Friday Book Club! 2:30 Entertainment in the Bistro 2:30 TGIF Happy Hour 4:00 Exercise with PrimeFit * 6:00 Classic TV Nite 	<p>19</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 9:45 Arts & Crafts 10:30 Jingo! 11:00 Indoor Gardening 1:30 Good News & Views 2:00 Scrapbooking Fun & Hot Chocolate 3:00 Trivia on In2L 3:30 Walking Club * 4:00 Hand Therapy 6:00 Saturday Night Movie
<ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:00 Reminiscing Ball 10:30 Nondenominational Church Service 10:30 Jigsaws, Coffee & Conversation 1:30 Good News & Views 2:15 Coloring Arts to Music 3:00 Walking Club 3:45 Hymn Sing 6:00 Hand Therapy 	<p>MARTIN LUTHER KING JR. DAY 21</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:30 *Life in Pictures 11:00 Indoor Gardening 11:00 Conversation Cards 1:30 Uno! 2:15 Movie Matinee 4:00 Sketching the Outdoors 6:00 Hand Massage 	<p>22</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 9:50 Bingo for Candy 11:00 Conversation Cards 1:30 Seated Tai Chi 2:15 Traversing the World 3:00 Spiritual Sparkle & Devotional 3:30 Hand Massage 4:00 Exercise with PrimeFit 6:00 Tuesday Night Concert Series 	<p>23</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:00 Scenic Drive 10:00 Music to Our Ears 11:00 Indoor Gardening 11:15 Tana & Dalmatian Pet Visit 1:30 Movie Magic & Popcorn! 3:00 Music Social in the Piano Lounge! 4:00 Coloring Art 6:00 Documentary Dabble Night 6:30 Hand Massage 	<p>24</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:00 Traveling the World 10:00 We Bake It, You Take It! 1:30 Brain Teasers & Puzzles 2:00 Bowling League! 3:00 Big Band Thursday 3:15 Arts & Crafts Painting 4:00 Exercise with PrimeFit 6:30 Thursday Throwback Sports Night 	<p>25</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:00 Let's Get Crafty! 11:15 Indoor Gardening 1:30 Friday Book Club! 2:30 Entertainment in the Bistro 2:30 TGIF Happy Hour 4:00 Exercise with PrimeFit * 6:00 Classic TV Nite 	<p>26</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 9:45 Arts & Crafts 10:30 Jingo! 11:00 Indoor Gardening 1:30 Good News & Views 2:00 Scrapbooking Fun & Hot Chocolate 3:00 Trivia on In2L 3:30 Walking Club * 4:00 Hand Therapy 6:00 Saturday Night Movie
<ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:00 Reminiscing Ball 10:30 Nondenominational Church Service 10:30 Jigsaws, Coffee & Conversation 1:30 Good News & Views 2:15 Coloring Arts to Music 3:00 Walking Club 3:45 Hymn Sing 6:00 Hand Therapy 	<p>28</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:30 *Life in Pictures 11:00 Indoor Gardening 11:00 Conversation Cards 1:30 Uno! 2:15 Movie Matinee 4:00 Sketching the Outdoors 6:00 Hand Massage 	<p>29</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 9:50 Bingo for Candy 11:00 Conversation Cards 1:30 Science with Savannah! 2:15 Traversing the World 2:30 Entertainment with George! 3:00 Spiritual Sparkle & Devotional 3:30 Hand Massage 4:00 Exercise with PrimeFit 6:00 Tuesday Night Concert Series 	<p>30</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:00 Scenic Drive 10:00 Music to Our Ears 11:00 Indoor Gardening 11:15 Tana & Dalmatian Pet Visit 1:30 Movie Magic & Popcorn! 3:00 Music Social in the Piano Lounge! 4:00 Coloring Art 6:00 Documentary Dabble Night 6:30 Hand Massage 	<p>31</p> <ul style="list-style-type: none"> 8:15 Coffee o'Clock Libations 9:20 Reach & Stretch 10:00 Traveling the World 10:00 We Bake It, You Take It! 1:30 Brain Teasers & Puzzles 2:00 Cornhole! 3:00 Big Band Thursday 4:00 Exercise with PrimeFit 6:30 Thursday Throwback Sports Night 		

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- Physical
- Social
- Experiential
- Emotional & Spiritual
- Creative & Artistic
- Therapeutic
- Sensory